

Engage.  
Establish.  
Equip.



THE MET

July 14, 2019

# Welcome

We are so glad to have you with us today. We gather each Sunday to **encourage** one another to **trust** and **follow Jesus** throughout the week. We do this as we pray, sing, and, most importantly, **hear from God's Word**.

Our mission at The Met is to glorify God by making disciples of Jesus Christ, through **engaging** people with the gospel, **establishing** believers in the gospel, and **equipping** servants of the gospel in our nation's capital and the nations of the world.

Whether you are a committed believer or a curious skeptic, **you are welcome here**.



We have lots of opportunities for kids to hear about the love of Jesus in a way that they can understand.

**9AM Sunday School:** For newborns to children up to grade 6

**10:15AM METKids Hub:** Join us in the Gym for a chance for kids to run and burn off some energy, and for parents to connect in between services

**11AM Sunday School:** For newborns up to 23 months

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## METKids Special Events • Summer Day Camps

**METKids Summer Camp** • Jul 22-26

**METKids Summer Camp** • Jul 29-Aug 2

**METKids Summer Camp** • Aug 6-9

Registration is now open at [metbiblechurch.ca/camps](https://metbiblechurch.ca/camps)

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# Today

## Who is Like Our God?

The Good God

Jonathan Griffiths, Lead Pastor

**Songs:** All Glory Be Forever, Come Behold the Wondrous Mystery, Yes It's True, Goodness of God, Be Unto Your Name *Subscribe to our Spotify playlist "The Met - Sunday Worship Playlist" to listen to the songs we sing here at The Met.*

## Next Week:

### Why And How To Defeat Our Fears

Daniel Gilman, RZIM



### Sermon Notes

follow along with  
free YouVersion app



### WIFI

user: metguest  
pass: met@church

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# Take your next steps

What is your next step in your walk of faith?

## Connect

If you're new, we'd love to connect in person. We have a free coffee and baked treat at The Hub to say thank you for joining us. Fill in the Connect Card in the chair seatback and drop it in the offering plate for more information and to help us get to know you better. Connect with Pastor Adam Callaway, to find out what the next growth step in your faith could be at [acallaway@metbiblechurch.ca](mailto:acallaway@metbiblechurch.ca).

## Serve

We are the body of Christ and every member has a role to play. Use the gifts that God has given you to serve Him and His church. Serve with one of our ministries by filling out the card in the seatback in front of you or visit [metbiblechurch.ca/serve](https://metbiblechurch.ca/serve).

## Give

We have many different ways for you to worship God through giving. Check out [metbiblechurch.ca/give](https://metbiblechurch.ca/give) for more information.

# This Week

## MONDAY

### MONDAY

MetroHoops • 9:00AM

## TUESDAY

MetroHoops • 9:00AM

METYouth - Summer Games • 6:30PM • GYM

## WEDNESDAY

MetroHoops • 9:00AM

Prayer Focus • 7PM • RM 211

## THURSDAY

MetroHoops • 9:00AM

METYoung Adults Bible at the Beach • 7PM • MOONEY'S BAY

## FRIDAY

MetroHoops • 9:00AM

# Church Family News

## **We're Hiring: METTykes Coordinator**

For further details on this role, please visit our website at [metbiblechurch.ca/joinourteam](http://metbiblechurch.ca/joinourteam).

## **Missionary Focus**

Solina Chy is presently in Canada on home assignment from Cambodia. In Cambodia, her ministry with OMF involves radio, women's and church ministries. Ongoing prayer is appreciated for these ministries during her absence. Pray also for spiritual and physical refreshment and for her ministry opportunities to the local Cambodian Fellowship, and others, while on home assignment.

## **Praise God for a Great Week of VBC**

Many thanks to the 173 volunteers who shared God's love with the 400 campers. Through songs, teaching, games, crafts and discussion times, the kids learned about God's AGAPE love and we know that some came to personal faith in Jesus Christ. It's a privilege to serve with you and we are thankful for you. – From the METKids Ministry team.

# Events

## **JUL 14-AUG 11 • BACKPACK COLLECTION • UPSTAIRS MISSIONS KIOSK**

We will be collecting backpacks filled with supplies for neighbouring communities beginning on July 14. Pick up a list of supplies needed in the upstairs Missions Kiosk and return the backpacks by Aug 11. Aug 14 is backpack distribution day which is a fun day of games, snacks, and ENGAGING with our Banff/Ledbury neighbours. For more information go to [metbiblechurch.ca/outreach](http://metbiblechurch.ca/outreach).

## **JUL 22-AUG 9 • SUMMER CAMPS • 8:30AM-4PM**

This year we have 3 new camps in addition to VBC and MetroHoops. Kids will have an opportunity to choose one elective for the week (Lego, performing arts, or sports) and on the Friday of each week there will be a different outing. Enrol your kids for one of these 3 great week-long camps at [metbiblechurch.ca/camps](http://metbiblechurch.ca/camps).

## **AUGUST 18 • MET 25-35 EAT TOGETHER • 6:00PM**

MET25-35s are holding a BBQ at Britannia Beach in response to the #EatTogetherOttawa campaign ([www.eattogetherottawa.ca](http://www.eattogetherottawa.ca)). The event is "pay what you can", but let's be generous as all proceeds will be donated to the Ottawa Food Bank. Please register at [metbiblechurch.ca/registrations](http://metbiblechurch.ca/registrations) by August 14.

## **CHILDREN'S MINISTRY SUNDAY SUMMER VOLUNTEERS**

The Sunday Children's Summer Program has a great need for volunteers who are 16 years of age and older to serve and build God's truths into young lives. This is a great opportunity to help out for 2 or 3 Sundays and allow those who serve regularly throughout the school year to have a time of rest. Sign-up at [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve).

## **METYOUTH SUMMER ACTIVITIES**

METYouth will be hosting some awesome summer activities. If you are between grades 6 and 12, then join us on Tuesday nights! July 16: Summer Games, July 23: Ice Cream Party, July 30: Nerf Night at The Met. For more information, email Caleb at [cbonney@metbiblechurch.ca](mailto:cbonney@metbiblechurch.ca).

## **Missions Volunteers**

Do you have an interest in Missions, whether locally or globally? We have a variety of volunteer needs in order to help support The Met's Missions Ministry and our Missionaries around the world. For more information or to find your fit, email [missions@metbiblechurch.ca](mailto:missions@metbiblechurch.ca).

## **The Hub**

Whether you are new to The Met or The Met is your home, we encourage you to visit The Hub after Sunday morning services to sit back and connect with friends, speak to our Hub hosts about Met ministries and upcoming events or check out and purchase our recommended books and resources. If you have the gift of hospitality and are looking for way to serve check out [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve) to join our team.



CHURCH - WIDE  
**PRAYER**

SUNDAY JULY 28 // 6PM



**MET KIDS**  
*Summer Camps*

JULY 22 - 26 | JULY 29 - AUG 2 | AUG 6 - 9

COST: \$180 - EARLY BIRD: \$170 (BEFORE MAY 1ST) | PLEASE REGISTER ONLINE



Instagram & Facebook:  
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